

A breast pad assembly is disclosed wherein one face of the breast pad which faces the breast during use contains a composition comprising a skin benefit ingredient for improving the skin health of a woman's breast and nipple skin. In one embodiment of the invention, the skin health benefit ingredient comprises omega-3 fatty acids which can replace lipids lost from the breast and nipple during breast feeding. The omega-3 fatty acids can also be ingested by the infant to improve systemic development in the infant. In another embodiment, the skin benefit ingredient comprises omega-3 fatty acids and essential fatty acids.